



Decatur County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Decatur County School System in 2007.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Decatur County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School Health Policies strengthened or approved – medications policy and wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals more than \$27,000.

Community partnerships have been formed to address school health issues. Current partners include:

- UT Extension
- Tennessee Health Management
- First Bank
- Decatur County General Hospital
- Decatur County Health Dept.
- LeBonheur
- National Guard
- Decatur County Health Council
- Family Resource
- Second Harvest
- Exchange Center Carl Perkins Child Abuse Center
- Quinco Mental Health Facility
- Decatur County Shepherd's Fund

Parent and Student Involvement Developed

Parents are involved in Coordinated School Health activities. These activities include Healthy School Teams, parent summits, community outreach efforts, and advisory committees.

Parents play an important role in CSH. We value their ideas and contributions. Students also work with Coordinated School Health in the Decatur County School system to help us meet the needs of the community and schools. A high school team of 16-20 students

has been utilized for the past 4 years to help with health screenings, mini health lessons, and community events (health fairs, walks, Winterfest).

School Health Interventions

Since CSH has been active in Decatur County the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers -- Screened 2,480 Students K-9 with well over 1,000 referrals (Vision, Hearing, Scoliosis, and BMI combined);

Over 85% of our students that visit the school nurse are treated and returned to class for valuable instruction time;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Decatur County has seen a 1% drop in overweight/obesity rates from 2008-09 to 2010-11.



2008-2009

Summary of Children's BMI-for-Age			
	Boys	Girls	Total
<u>Number of children assessed:</u>	343	269	612
Underweight (< 5th %ile)	6%	4%	5%
Normal BMI (5th - 85th %ile)	54%	54%	54%
Overweight or obese (≥ 85th %ile)*	41%	42%	41%
Obese (≥ 95th %ile)	25%	22%	24%
*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.			



2010-2011

Summary of Children's BMI-for-Age			
	Boys	Girls	Total
<u>Number of children assessed:</u>	383	308	691
Underweight (< 5th %ile)	1%	1%	1%
Normal BMI (5th - 85th %ile)	58%	60%	59%
Overweight or obese (\geq 85th %ile)*	41%	39%	40%
<i>Obese (\geq 95th %ile)</i>	22%	23%	23%
<small>*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.</small>			

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a walking track, comprehensive health curriculum, exercise equipment, and PE equipment;

Professional development has been provided to school health staff including counselors, physical education teachers, and nurses. Other professional development opportunities include TASN (Tennessee Association of School Nurses), TAHPERD (Tennessee Association for Health, Physical Education, Recreation, and Dance), Michigan Model training, Take 10! Training, CPR/AED training, suicide prevention training, bloodborne pathogens training, diabetes and asthma awareness training.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – comprehensive health curriculum available to all grades and specific health topics taught by health educator;
- Physical Education/Physical Activity Interventions – additional PE equipment, Wii's, and schedule changes to accommodate time for physical activity;

- Nutrition Interventions – used a Registered Dietitian to monitor and evaluate menus, reduced fried foods, increased whole grains, fruits, and vegetables and added healthier choices at breakfast.

The Decatur County School System understands the relationship between good health and academics. We now exceed the state's requirement for school nurses. We employ two full time nurses to care for our students. The Decatur County School System also incorporates health education into the curriculum despite the lack of a state mandate.

In such a short time, CSH the Decatur County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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